



New Year Quitter Kickstart

From the Healthworks Stop Smoking Service



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the community health charity

Why quitting smoking is strength, not struggle

New Year Quitter Kickstart
2026

Smoking isn't a personality trait - it's a dependency.

You're not weak for smoking, nicotine is addictive by design.

But deciding to quit? That's powerful!

Signs you are ready to quit:

- You feel tired of relying on cigarettes
- You worry about health effects
- You hate the smell, cost, or loss of control
- You want to feel proud of yourself again
- You want this year to be different



**Quitting is choosing your life
over a habit that takes from it.**



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The Addiction Loop

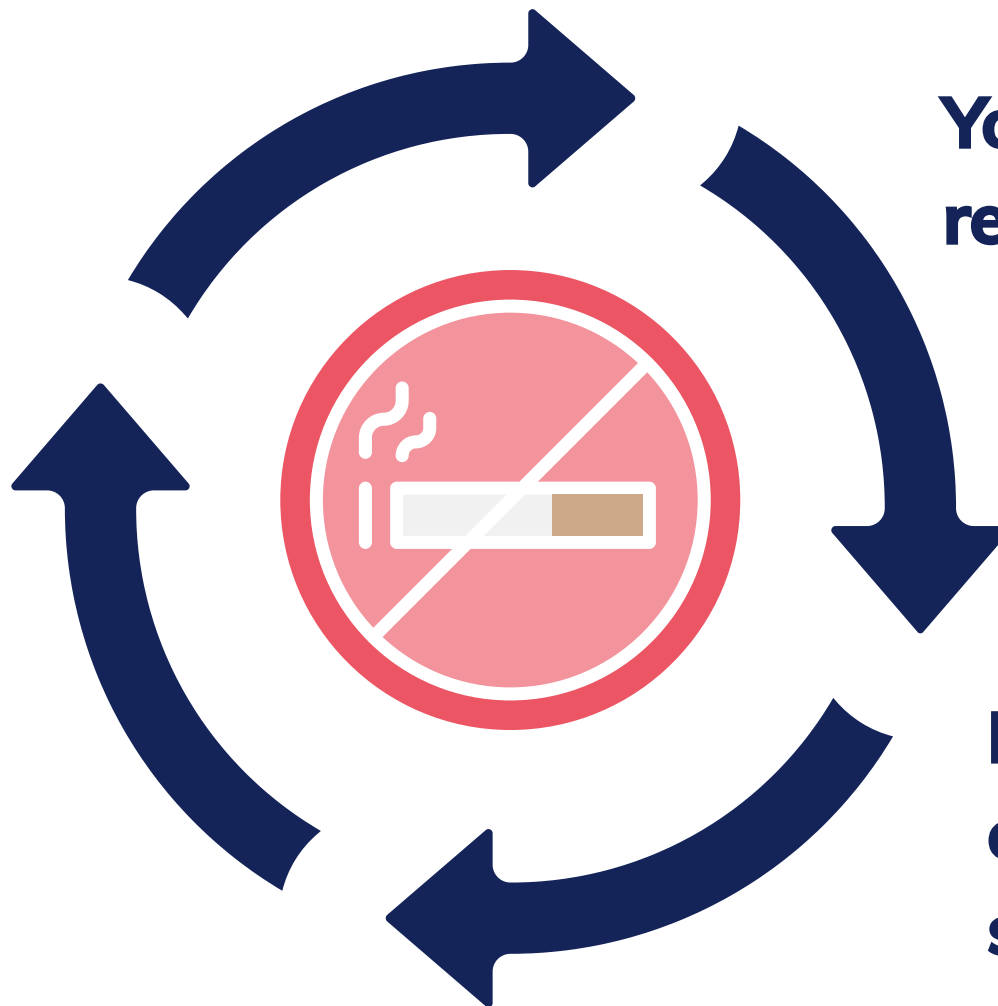
Smoking traps you in a cycle:

**Stress or
craving hits**

**You smoke to
relieve it**

**The cycle
repeats**

**Nicotine drops,
creating more
stress**



You're not addicted to smoking itself - you're addicted to relief from withdrawal. This book helps you break that loop.

Always believe in yourself



Your Quitters Prep List

Before quitting, set yourself up to succeed.

Your Quitter Prep includes:

- Picking a quit date
- Removing cigarettes, lighters, and ashtrays
- Telling one trusted person for accountability
- Planning what to do when cravings hit
- Identifying your smoking triggers



**If you can quit for a day,
you can quit for a lifetime**



The Trigger Detox

Most smokers underestimate how many things trigger the urge.

Common triggers:

- Coffee
- Driving
- Stress
- After meals
- Alcohol
- Social cues



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you can quit for a lifetime**



The Energy Audit (Smoker Edition)

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**Smoking steals energy, stamina, sleep, hydration,
and confidence.**

This audit helps you identify:

- When you smoke most
- Why you smoke
- What emotional need smoking was filling
- What habits you can use to replace the ritual of smoking



Take control and quit smoking for good



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Your Morning Reset (Smoke-Free Edition)

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Mornings can be the hardest time for smokers.

Your new morning routine:

- Hydrate immediately
(breaks the craving cycle)
- Deep breathing for 2
minutes
- Move your body briefly
(walk, stretch)
- Replace the “morning
cigarette ritual” with tea,
journaling, or fresh air



**The secret to getting ahead
is getting started**



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Craving Control Techniques

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Cravings come in waves and last 2 to 3 minutes on average.

Tools:

- The 5-Minute Delay Rule
- The Cold Glass of Water Trick
- Breath Reset Method
- Chew Something Method
- Mind Rewiring: telling yourself “I don’t smoke” instead of “I’m trying not to smoke”



**You can't stop the waves but
you can learn to surf**



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A 31-DAY QUIT SMOKING CHALLENGE DAY 1 TO 15

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Each day gives you a simple task to strengthen your quit.

- Day 1:** Your last cigarette ritual
- Day 2:** Remove smoking items from your environment
- Day 3:** 24 hours smoke-free
- Day 4:** Track every craving
- Day 5:** Replace your morning cigarette
- Day 6:** Drink 2 litres of water
- Day 7:** Identify emotional triggers
- Day 8:** Break the habit loop
- Day 9:** Tell someone your goal
- Day 10:** Save the money you would've spent
- Day 11:** Create a non-smoker identity sentence
- Day 12:** Practice deep breathing during cravings
- Day 13:** Move your body
- Day 14:** Alcohol-free day
- Day 15:** Upgrade your environment (clean, freshen)

**Don't think of it as quitting,
think of it as gaining**



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A 31-DAY QUIT SMOKING CHALLENGE DAY 16 to 31

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- Day 16:** No-smoking social challenge
- Day 17:** Replace a high-trigger moment
- Day 18:** Celebrate a health win
- Day 19:** Break the “I need a cigarette” story
- Day 20:** Reward day
- Day 21:** Track how breathing has improved
- Day 22:** Emotional check-in
- Day 23:** Reduce caffeine triggers
- Day 24:** Revisit your reasons to quit
- Day 25:** Do something you couldn’t do as easily when smoking
- Day 26:** Practice a deep calm technique
- Day 27:** Create a new self-care ritual
- Day 28:** One bold boundary to protect your quit
- Day 29:** Smoke-free financial check
- Day 30:** Reflect on the hardest moment
- Day 31:** Celebrate your smoke-free month

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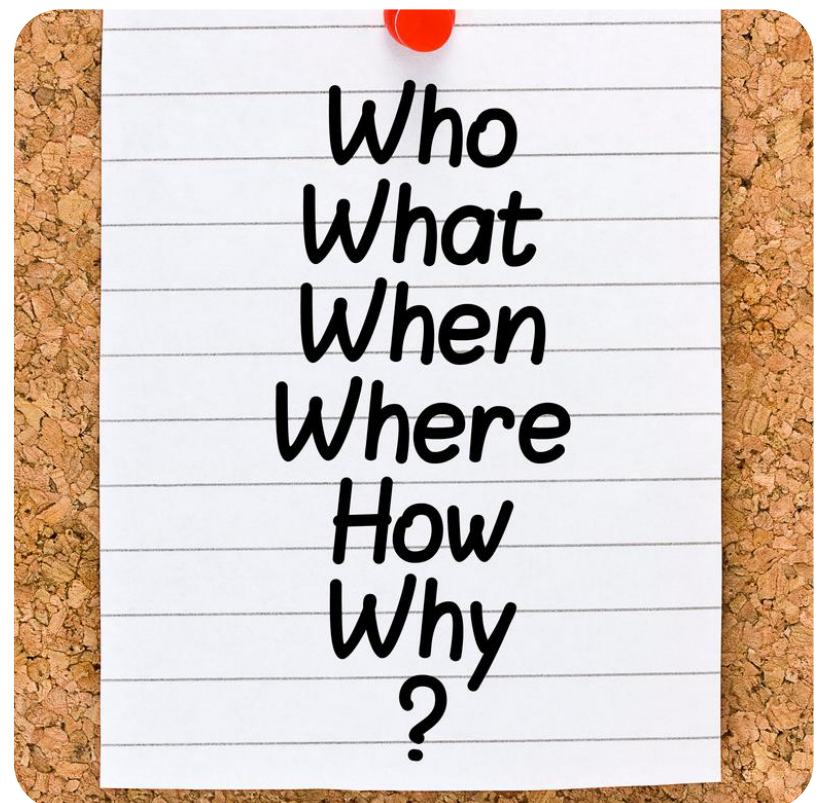
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Writing Your Smoke-Free Story

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Prompts:

- Why did I quit?
- Who am I becoming without cigarettes?
- How do I want to feel in 6 months?
- What freedoms am I gaining?



**Cigarettes do not fill
a void, they create one**



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Writing Your Smoke-Free Story

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A declaration to yourself:

I quit smoking because I deserve a full life.

I quit letting nicotine control my day.

I quit choosing a habit that harms me.

I quit believing cigarettes calm me - they don't.

I am a non-smoker now.

Sign your name

**The only thing I am committed to
right now is bettering myself**



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BONUS RESOURCES

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Smoking Journal
Trigger Worksheet
Non-smoker identity journal
Financial savings chart

**This is your year. This is your moment.
You're not quitting smoking. You're choosing freedom.**



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Smoking Journal

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- **Type of trigger:** ☐ Emotional ☐ Habitual ☐ Social ☐ Environmental
- **What prompted the urge?**
- **If smoked, what made you give in?**
- **If resisted, what helped you?**
- **What could I do differently next time?**
- **What strategy worked best?**
- **Reason I want to quit:**
- **Reward for resisting cravings today:**
- **Weekly Summary Main triggers this week:**
- **Most successful coping strategies:**
- **Cravings resisted / cigarettes avoided:**
- **What I want to focus on next week:**



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Trigger Worksheet

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Goal: Identify smoking triggers, rate the craving intensity, and reflect on how to respond differently next time.

Date: _____ Time of Craving: _____

1. What was happening when the craving hit? (e.g., Just had coffee, felt stressed, talking on phone, social event)

2. How were you feeling at the time?

☐ Stressed ☐ Bored ☐ Lonely ☐ Anxious

☐ Angry ☐ Happy ☐ Tired ☐ Other: _____

3. Who were you with, or were you alone?

4. Where were you? (e.g., At home, car, pub, workplace)

5. Craving Intensity Scale (0–10)

Circle one:

0 1 2 3 4 5 6 7 8 9 10
None Mild Moderate Strong Intense

6. Did you smoke? ☐ Yes ☐ No

7. What did you do instead (if you didn't smoke)? (e.g., Deep breathing, walked away, drank water, called a friend)

8. What could you try next time?



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Non-smoker Identify Journal

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1. My New Identity Statement - Write a clear, positive statement about your new self.

Example: "I am a healthy, confident, and smoke-free person."

My Statement:

2. How I Feel as a Non-Smoker - List the emotions, sensations, and moods you notice now that you're smoke-free.

Physical (energy, breathing, taste, smell): _____

Emotional (pride, confidence, calm): _____

Social (relationships, interactions): _____

3. My "Why" for Staying Smoke-Free - Write down the reasons this identity matters to you.

Health: _____

Finances: _____

Self-respect: _____

Relationships: _____

4. Evidence of My New Identity - List moments or achievements that prove to yourself that you are now a non-smoker.

5. Daily Habits That Reinforce My New Identity - Identify routines and actions that help you maintain this identity.

Morning routines: _____

Stress coping strategies (instead of smoking): _____

Rewarding yourself: _____

6. Handling Challenges - Write down strategies for situations where the urge to smoke might appear.

Trigger: _____ → Strategy: _____

Trigger: _____ → Strategy: _____

Trigger: _____ → Strategy: _____

7. Affirmations - Create 3–5 affirmations you can repeat daily to strengthen your non-smoker identity.

8. My Future Self - Visualize yourself 6 months, 1 year, 5 years from now as a non-smoker.

Health: _____

Lifestyle: _____

Confidence: _____



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Financial Savings Chart

How Much Will I Save?

Price per pack:

Number smoked per day:



1 week	£
1 month	£
6 months	£
1 year	£
5 years	£
10 years	£
15 years	£





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Visit our [Stop Smoking webpage](#) for more information



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